



## Pumpkin Seed Beer Brittle

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



120 min.

SERVINGS



40

CALORIES



61 kcal

DESSERT

### Ingredients

- 0.5 teaspoon ground pepper
- 0.5 teaspoon ground cinnamon
- 0.8 cup pumpkin seeds raw whole cleaned
- 1 teaspoon vegetable oil
- 2.8 cups sugar white

### Equipment

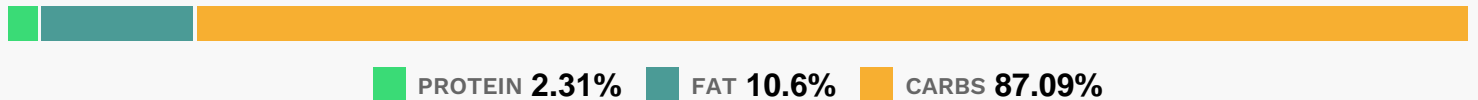
- bowl
- frying pan

- sauce pan
- stove
- candy thermometer

## Directions

- Heat the vegetable oil in a skillet over medium heat, and cook and stir the pumpkin seeds until they have browned, about 10 minutes.
- Transfer into a bowl, and mix with cinnamon and cayenne pepper. Set aside. Butter a jellyroll pan, and set aside near the stove.
- Combine the sugar and beer in a 2-quart saucepan over medium heat. Stir until the mixture boils and the sugar has dissolved. Continue to cook, stirring frequently, until the temperature measured by a candy thermometer reaches 300 degrees F (150 degrees C), about 40 minutes. When the candy reaches the correct temperature (hard crack) it will form brittle strings when dripped into ice water.
- Remove the candy from the heat, and quickly stir in the pumpkin seeds.
- Pour the candy carefully into the prepared jellyroll pan to form a thin layer; allow to cool. Break the candy into bite-size pieces once cool. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:2.93, Glycemic Load:9.61, Inflammation Score:-1, Nutrition Score:0.50173912893819%

## Nutrients (% of daily need)

Calories: 60.78kcal (3.04%), Fat: 0.75g (1.15%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.77g (5.01%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 0.23mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Manganese: 0.06mg (3%), Magnesium: 7.16mg (1.79%), Phosphorus: 14.89mg (1.49%)